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## A Positive Proof that Cancer can be Cured.

Mr. A. R. Shands is a well-known farmer, whose residence is in Sparta, Ky. He is a man of means and education, and his standing in his community is high for truth and probity. While Mr. Shands refrains from using the word cancer, the facts he gives settle the question of the nature of his disease. He says his physician never said the sore was a cancer, but that they all warned him that there was great danger that it might turn into a cancer. At any rate, none of them could afford Mr. Shands the slightest relief, and finally he was cured by S. S. S., the finest and only absolutely certain blood purifier in the world. Below is Mr. Shands' own letter about his cure. Let any one suffering from a similar ailment write to Mr. Shands, and learn from him the exact effects of the wonderful medicine that cured him.

SPARTANBURG, S. C., April 2, 1887. Gentlemen—For twenty years I have had a sore on my left cheek. It had gradually been growing worse. The many physicians whom I had consulted were unable to do me any good. Last fall a year ago I began using S. S. S. At first it inflamed the sore, and it became more virulent than ever; so much so, indeed, that my family insisted that I should leave off the medicine. I persisted in using the S. S. S. At the end of two months the sore was entirely healed. Thinking that the evil was out of my constitution, I left off the medicine; but in November, ten months after, a very slight breaking out appeared. I at once began again on S. S. S., and now that it is also disappearing. I have every faith in S. S. S. It has done me more good than all the doctors and other medicines I ever took. Yours truly, A. R. SHANDS.

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EDUCATING HORSES.

A System of Management and Training That Recommends Itself.

The method employed by Raley was to deprive the horse of the use of his limbs and then to cause him to realize the utter uselessness of attempting to do otherwise than as the operator directed. The method is rather severe, taken together, and though most excellent for vicious animals, is not advisable in the care of colts or of an animal that is not vicious. The principal thing, in training a colt or horse that is not vicious, is patience, and there is a temptation to many to resort to methods that are quick and do not require the exercise of patience. The average colt or horse needs only to understand what is wanted of it to do it, if the task is within the animal's power. But it can not always immediately understand what is required, and the persistence in teaching it this is where the necessity of patience comes in.

But if some other means are found necessary, the Raley method may be adopted. In the first place we must get a halter or bridle upon the animal, and that is sometimes a pretty difficult thing to do. Raley sometimes used drugs to quiet the horse, and that is permissible in nothing else, but never should be resorted to if other means can be employed. He would rub a little of the oil of cummin upon the hands, and approach the horse upon the windward side, so that he could smell the oil. It is said that as soon as the animal smells the cummin he will permit the man to approach him. When approached a little of the oil is rubbed upon the nose, and it is said to quiet the animal so docile that he can be led anywhere. We have never seen this done, and while it is one of the features of the Raley method, we must advise caution in attempting this to approach a dangerous animal. A vicious horse, with both head and neck loose, is not a very safe thing to trifle with.

The bridle or halter once on, the horse is next thrown upon his side. To do this the left foot is lifted up and the body and a strap is passed over the knee and pushed over the lower pastern joint over the ankle and close to the body of the arm. This halter, as it is called, is used to stand for five or ten minutes. Keep the foot close to the body by tightening the strap. Perhaps the animal may jump around some. Let him jump as much as he likes, give him a little room enough to do as he pleases. He will soon learn that he can not get out on three legs, on which he is compelled to stand for five or ten minutes. Next, a strap about the width of the right foot, and pass it over the shoulder. The operator takes hold of this strap and jerks the foot up, bringing the horse down upon his knees. It is likely he will struggle, but not long if his head is kept down and the foot kept well up. He will pretty soon show a disposition to lie down. Give him all the encouragement possible to do so by talking kindly and rubbing or patting him with one hand while the other is used to endeavor to push him over. As soon as he does lie down it is likely that he will begin again to

## Is Consumption Incurable?

Read the following: Mr. C. H. Morris, Newark, Ark., says: "Was down with Abscess of Lungs, and friends and physicians pronounced me an incurable consumptive. Began taking Dr. King's New Discovery for Consumption, and now on my third bottle, and able to oversee the work on my farm. It is the finest medicine ever made."

Jesse Middlewart, Decatur, says: "Had it not been for Dr. King's New Discovery for Consumption I would have died of Lung Trouble. Was given up by doctors. Am now in best of health." Try it. For sale by Harry B. Garner, City Pharmacy.

## Electric Bitters.

This remedy is becoming so well known and so popular as to need no special mention. All who have used Electric Bitters say the same song of praise. A purer medicine does not exist and it is guaranteed to do all that is claimed. Electric Bitters will cure all diseases of the Liver and Kidneys, will remove Pimples, Boils, Salt Rheum and other affections caused by impure blood. Will drive Malaria from the system and prevent as well as cure all Malarial fevers. For cure of Headache, Constipation and Indigestion try Electric Bitters—Entire satisfaction guaranteed; or money refunded—Price 50 cents per bottle at Harry B. Garner's City Pharmacy.

## Buckley's Arnica Salve.

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## WONDERFUL LONGEVITY.

The Life-Prolonging Influence of the Regimen and Abstemious Habits.

The common idea is, that longevity depends entirely on inherited constitution. The man whose father and mother, grandparents and great-grandparents attained a high average age is supposed to have a much better chance of long life than one whose forefathers have been short-lived. Probably there is much truth in this idea; but it is not improbable, and the point seems very carefully studied, that longevity is affected indirectly rather than directly by inheritance. It may well be that the descendants of long-lived folk are apt to be long-lived, not solely or chiefly because they inherit constitutional peculiarities tending to length of life, but because they inherit qualities leading to temperance and abstinence by which life is prolonged, or even simply because temperance and abstinence have been encouraged during his youth by example and by precept.

Considering the question of longevity from this point of view, the case of Louis Cornaro, which has always been thought most instructive, becomes full also of encouragement.

In the first place, it must be remembered that Cornaro (who was born at Venice about the year 1487) was a man of weak constitution. Moreover, from the age of eighteen to that of thirty-five he pursued courses that would have seriously taxed the strongest constitution. Life at thirty-five was a burden to him because of the disorders brought on by riotous living and indulgence in every kind of excess. The next five years were passed in almost unmitigated suffering. He was told by his physicians, when forty years old, that nothing could prolong his life for more than two or three years, but such life as remained to him might be less painful than the years he had recently lived if he would adopt more temperate habits. If ever there was a case where inherited constitution and an intemperate life threatened an early death, this was one. But, as events befell, it turned out that, if ever there was a case where life-preserving influence of wise regimen and abstemious habits was demonstrated, Cornaro's must be cited as especially significant.

At the age of forty Cornaro began gradually to reduce the quantity of food, both liquid and solid, which he took each day, till at length he only took what nature absolutely required. He tells us that at first he found this severe regimen very disagreeable, and confesses that "the reduction from time to time to the flesh-pots of Egypt." But by resuming his efforts after each failure he succeeded, in less than a year, in adopting permanently a spare and moderate system. By this time he was already restored to perfect health. But thus far he had only followed the counsel of the physicians somewhat more steadily than they expected, or than is usual in such cases, and therefore with unexpected good results. It was after he had recovered his health that he went on to those experiments by which he seemed to show how life might be extended far beyond the Psalmist's allowance.

From temperance he proceeded to abstinence. Undeterred by the doubts of his physicians as to the wisdom of such a course, he diminished his daily allowance of food, until at last the yield of an egg sufficed him for a meal! Throughout the time when he was thus reducing his allowance of food his health and spirits kept improving. Nay, he tells us that even his enjoyment in eating had increased, for he says he could now get more pleasure from a small meal of dry bread than he had ever obtained in the days of his excesses from the most exquisite dainties of the table. As regards regimen, Cornaro simply "avoided extremes of heat and cold, over-fatigue, late hours, excesses, and all violent passions of the mind;" he took moderate exercise in the open air; and his chief pleasures were those obtained from literary and artistic study, from the contemplation of one scenery, noble building, beautiful combinations of color and sweet music.

When Cornaro was within two years of four score his diet was regulated in quality and quantity, as follows: In four meals he took each day twelve ounces in all of solid food, consisting of bread (stale, of course, for he was not weak-minded), light meat, yolk of egg, and soup—Richard A. Proctor, in Cosmopolitan.

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